



## MUSTARD MAPLE CHICKEN

*Adapted from Cooking Light*

### Ingredients

- 4 6-ounce raw chicken breasts (1½ pounds total)
- ¼ teaspoons salt
- ½ teaspoons black pepper
- 2 teaspoons olive oil
- ¼ cup reduced sodium chicken broth
- ¼ cup maple syrup
- 2 garlic cloves
- 1 tablespoons apple cider vinegar
- 1 tablespoon stone ground mustard

### Instructions

Set oven to 400 degrees. Season chicken with salt and pepper.

Heat a large oven-proof skillet on medium high heat; add oil. Add chicken to pan and cook 2 minutes on each side, or until browned (chicken will not be fully cooked). Remove the chicken from the pan and set aside.

To the pan, add broth, syrup, and garlic and cook on medium, scraping the bottom to loosen any browned bits. Stir frequently for about two minutes (until the sauce starts to bubble). Add vinegar and mustard and cook for about 1 minute more, stirring constantly. Add chicken back to pan and spoon liquid over top.

Bake for about 10 minutes, or until the internal temperature of the chicken reaches 165 degrees. Let cool about 5 minutes before serving.

**Yield:** 4 servings

### **NUTRITION FACTS PER SERVING**

CALORIES: 280

PROTEIN: 39 grams

SODIUM: 260 milligrams

CARBOHYDRATE: 15 grams

FIBER: 0 grams

FAT: 7 grams

SATURATED FAT: 1 grams

